

KENTUCKY DEPARTMENT OF CORRECTIONS

STAFF AND OFFENDER NEWSLETTER

THE TOOL BOX

VOLUME 3, ISSUE 8

NOVEMBER 2014

HEALTH INSURANCE AVAILABLE TO INDIVIDUALS UPON RELEASE

Did you know . . .

Through KYNECT, Kentucky's Health Benefit Exchange, it is possible to shop for and buy insurance for individuals involved with the criminal justice system who are uninsured upon release. *As many as 80-90% of these individuals may even be eligible for Medicaid.* Immediate access to programs and services for treatment of physical, mental health, and substance abuse issues is critical to successful reentry. Health education, awareness, and mental and physical health are essential foundation tools needed by those reentering to become more productive citizens in the community. KYNECT can be a useful tool in effective community reentry by making needed healthcare services available upon release.

What is KYNECT . . .

KYNECT is a program that offers free or low cost health insurance to Kentuckians. Depending on income and household size, an individual could be eligible for Medicaid or a private insurance plan. Those who qualify for private insurance through KYNECT can get help paying for their premiums. *KYNECT eligibility and enrollment services are free of charge and can be completed immediately on the day of release.*

How we can help . . .

The Healthy Reentry Coalition of Kentucky, also known as HRC, is a coalition of organizations and individuals interested in promoting equal opportunity to people involved with the criminal justice system, through ensuring access to health care, aiding in reentry, increasing successful community participation, and reducing the rate of recidivism. The HRC endeavors to ensure that all eligible individuals become aware of their eligibility, what getting insurance can do for them and how to use it, and have immediate access to necessary community services in order to provide the optimum opportunity for long-term successful reentry.

We can assist with setting up education and enrollment processes within facilities, provide connections to certified kynectors who can complete the necessary eligibility and enrollment work, and connect you to other facilities and/or resources around the state for continued support in these efforts. *Please contact us so that we can help you get started and/or to join the HRC in this necessary work:*

Anne Peak, KIPDA Anne.peak@ky.gov

Lindsay Nelson, KPCA Lindsay@kpca.net

Or HRCofKY@gmail.com Check out our website: www.hrcofky.com



Need Information about the Affordable Care Act?

Contact:

KYNECT.KY.GOV

Call Center:

1-855-4kynect
(855-459-6328)

Insurance Agents and

Kynectors:

1-855-326-4650



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Families of the Incarcerated in Kentucky:

Green River Kentucky Reentry Empowering Family and Friends of the Incarcerated

2400 Friendship Drive, Suite B

Owensboro, KY 42303

Meets the second Friday of each month from

6:00 pm—8:00 pm.

Contact: 270-852-6516

(Covers Hancock, Webster, Daviess, McLean, Henderson, Ohio, and Union County)

Northern Kentucky Family & Friends of the Incarcerated
Catholic Charities

3629 Church Street

Covington, KY 41015

Meets the third Tuesday of each month at 7:00 pm

Contact: David R. Phillips 859-581-8974 ext. 117

(Covers Boone, Kenton, Campbell, Gallatin, Carroll, Owen, Grant, and Pendleton County)

Bluegrass Families of the Incarcerated

National College

2376 Sir Barton Way

Lexington, KY

Meets the third Wednesday of each month at 6:30 pm

Contact: jamrnorton@gmail.com, 859-338-9821 (Jim), or

sheknorton@gmail.com, 859-338-9820 (Sheryl)

(Covers Fayette, Harrison, Scott, Franklin, Nicholas, Bourbon, Woodford, Anderson, Mercer, Boyle, Lincoln, Garrard, Jessamine, Clark, Powell, Madison, and Estill County)

Central Kentucky's Family & Friends of the Incarcerated & Convicted

Cornerstone Church Of God

1200 Ruth Lane

Elizabethtown, KY 42701

Meets third Tuesday of each month from 6:00 pm to 7:30 pm

Contact: Eva , Email: freedomministriesky@gmail.com

(Covers Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson and Washington County)

Five County Family & Friends of the Incarcerated & Convicted

First Christian Church (Disciples of Christ)

1930 Winchester Avenue

Ashland, KY 41101

Meets the first Tuesday of each month from 7:00 pm—8:00 pm

Contact: Lynette, Email: lsmiller0819@yahoo.com

(Covers Greenup, Carter, Elliott, Boyd, and Lawrence County)

Family Resources Engaging Ex-Offenders

Living Hope Baptist Church

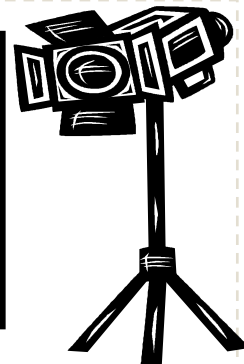
1805 Western Avenue, Door M

Bowling Green, KY 42104 (Go to the right, down the steps)

Meets the second Thursday of each month at 6:00 pm

Contact: 270-991-4556, George Hampton or Email: carol.hampton87@yahoo.com

(Covers Butler, Edmonson, Hart, Barren, Metcalfe, Warren, Logan, Simpson, Allen and Monroe County)



Spotlight on Reentry Staff

Going Above and Beyond

November 2014: Leslie Haun, District 7— Newport Probation and Parole



Leslie Haun currently supervises a mental health court caseload in Northern Kentucky. She works closely with the court system in all three Northern Kentucky counties to assist the population of offenders who have the most severe mental health issues. In addition to her regular caseload duties she is also an adjunct trainer for Probation and Parole staff. She has gone through Effective Practices in Community Supervision (EPICS) training through the University of Cincinnati. She is also a lead trainer for Core Correctional Practices and is responsible for training staff across the state. These programs are laying the foundation for re-entry practices taking place within the Division of Probation & Parole.

In addition to training staff she also has facilitated offender groups such as MRT (Moral Recognition Therapy) and coordinated with Catholic Charities to conduct 24/7 Dads programming for male offenders in Northern Kentucky. She is also trained to facilitate Thinking for a Change and New Directions and is currently planning for future editions of these re-entry programs in Northern Kentucky.

Submitted by: Christie Feldman , District 7 Supervisor

Do you have a success story? Would you like to share it? If so, please contact the Offender Reentry Branch. 502-564-2220 or Email: Kerry.Mears@ky.gov or Melissaj.moore@ky.gov



Spotlight on Reentry Staff

Going Above and Beyond November 2014:

Brenda Huntsman— Kentucky State Reformatory
(KSR)



Brenda Huntsman, Community Reintegration Specialist for the KY DOC provides specialized Re-entry services for male and female offenders who present with a Severe and Persistent Mental Illness. In order to qualify for the program, offenders must be serving out or leaving on Mandatory Reentry Supervision (MRS). The referrals come from a psychologist six months prior to the offenders' serve out. The goal of this program is to reduce recidivism and provide a seamless transition from institutional mental health care to community mental health, medical and social work providers. All of Ms. Huntsman's duties, including making mental health appointments, medical appointments, solving housing issues, assisting in the completion of entitlement applications assist in the seamless re-entry of our most mentally ill offenders into society. Ms. Huntsman is an integral part in this seamless transition in part due to her collaborative and tireless efforts with other Kentucky Service providers across the state. In addition to her Re-entry services with offenders, she coordinates the Interagency meeting that occurs on a quarterly basis, again which supports the purpose of the maintaining those important relationships between the DOC and the mental health community at large. Ms. Huntsman has been known to go above and beyond her designated duties and has assisted other Re-entry staff in solving placement issues for difficult-to-place offenders. Once on her caseload, she is able to follow and provide support to offenders for a two-year period. The Department of Corrections is fortunate to have her in the Community Re-integration Specialist position.

Submitted by: Deborah Coleman—Kentucky State Reformatory (KSR)



HEALTHY HOLIDAY TIPS FOR FAMILIES:

1. Be realistic. Don't try to lose pounds during the holidays, instead try to maintain your current weight.
2. Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day.
3. Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.
4. Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
5. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.
6. Be careful with beverages. Non-alcoholic beverages can be full of calories and sugar.
7. If you overeat at one meal go light on the next. It takes 500 calories per day (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie!
8. Take the focus off food. Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that aren't all about food. Try serving a holiday meal to the community, playing games or going on a walking tour of decorated homes.
9. Practice Healthy Holiday Cooking. Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.
 - Gravy — Refrigerate the gravy to harden fat. Skim the fat off. This will save a whopping 56 gm of fat per cup.
 - Dressing — Use a little less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat low sodium chicken or vegetable broth and applesauce.

HEALTHY HOLIDAY TIPS FOR FAMILIES:

PRACTICING HEALTHY COOKING CONTINUED:


- Turkey – Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving.
- Green Bean Casserole — Cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.
- Mashed Potato — Use skim milk, chicken broth, garlic or garlic powder, and Parmesan cheese instead of whole milk and butter.
- Quick Holiday Nog — Four bananas, 1-1/2 cups skim milk or soymilk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, and ground nutmeg. Blend all ingredients except nutmeg. Puree until smooth. Top with nutmeg.
- Desserts — Make a crustless pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.

For a more detailed listing from this article, please refer to the following link:


<http://www.cpmc.org/about/e-health/11-05%20healthy-holidays.html>



You're Invited



2014
Parent Engagement Series
featuring **Dr. Tyrone Bledsoe of SAAB**



Coming to the California Community Center
Dr. Tyrone Bledsoe
of Student African American Brotherhood (SAAB)



Location
California Community Center
1600 W St Catherine St.
Louisville, KY 40210

Date
Saturday, November 1, 2014
9:30 a.m.

**Pipelining Males Away from
Prison and Into College:**
Viewing a Perspective on Parental Influence
on a Student's Educational Success

This is a Free event and Open to the Public.
To Pre-Register log on to www.showcasehbcu.com.
Click the Events link, Parent Engagement.

Presented by
JCPS Title 1 Parent Involvement Office,
Kroger & Education First Foundation, Inc.

**EDUCATION FIRST
FOUNDATION**

You're Invited

Green River Kentucky Re-Entry Empowering Family and Friends of the Incarcerated

The goal of this group is to empower and support the family and friends of the incarcerated.

Upcoming Dates:

September 12, 2014 - 6:00 p.m.- 8:00 p.m.

October 10, 2014 - 6:00 p.m.- 8:00 p.m.

November 14, 2014 - 6:00 p.m. - 8:00 p.m. - Guest Speaker from the KY Department of Corrections to answer questions.

December 12, 2014 - 6:00 p.m. - 8:00 p.m.

Location: 2400 Friendship Drive, Suite B
Owensboro, KY 42303

Contact: 270-852-6516

The Green River area covers the following counties:

HANCOCK	WEBSTER
DAVISS	MCLEAN
HENDERSON	OHIO
UNION	



Group Facilitator:

Gregory L. Baize, Sr. M.Psych., PMHCNS-BC
Mediation and Counseling Center of Western KY, Inc.

You're Invited

GREATER LOUISVILLE RE-ENTRY COALITION OF FAMILY & FRIENDS OF THE INCARCERATED

ON **NOVEMBER 3, 2014** GUEST SPEAKER KERRY MEARS WITH THE DEPARTMENT OF CORRECTIONS RE-ENTRY BRANCH WILL BE AVAILABLE FOR A FAMILY ENGAGEMENT QUESTION & ANSWER SESSION.

***CHILDREN WELCOME—THE SESSION WILL INCLUDE FAMILY STRENGTHENING ART ACTIVITIES FOR CHILDREN OF ALL AGES.**

DATE: NOVEMBER 3, 2014

TIME: 6:00–7:30 PM

LOCATION: LOUISVILLE PUBLIC LIBRARY–NEWBURG
4800 EXETER AVENUE, LOUISVILLE, KY



THE GREATER LOUISVILLE AREA ENCOMPASSES THE
FOLLOWING COUNTIES: JEFFERSON, BULLITT, SPENCER,
SHELBY, HENRY, TRIMBLE, OLDHAM

WWW.KENTUCKYREENTRY.ORG
WWW.FACEBOOK.COM/LOUISVILLEREENTRY

WWW.FACEBOOK.COM/KENTUCKYFAMILESOFTHEINCARCERATED

CONTACT: KERRY.MEARS@KY.GOV
502-782-2256
CORRECTIONS.KY.GOV

You're Invited

BLUEGRASS FAMILIES **OF THE INCARCERATED**



Families of the Incarcerated is a group of family members in the Lexington, Kentucky area with loved ones incarcerated, committed to providing support to one another and provide for a smoother transition for the families once their loved ones return home. They meet the 3rd Wednesday of each month at 6:30 PM at National College and welcome all families who are seeking a place of love, support, and encouragement as they deal with having a member of their family in prison.

On November 19, 2014, the KY DOC/Re-Entry Branch will be present for a Family Engagement Q & A.

PLEASE RSVP TO: jamrnorton@gmail.com, 859-338-9821 (Jim) or sheknorton@gmail.com, 859-338-9820 (Sheryl) or kerry.mears@ky.gov, 502-564-2220



Bluegrass Families of the Incarcerated
National College
2376 Sir Barton Way
Lexington, KY

Upcoming Monthly Meetings:

September 17th
October 15th
November 19th
December 17th

YOU HAVE A VOICE!! Want to use it?

Interested in joining a Reentry Council in your area?

Below you will find the Reentry Councils of Kentucky and their contact information.

KENTUCKY RE-ENTRY COUNCILS

Kentucky Reentry is made up of reentry task forces or councils throughout the state of Kentucky. The reentry groups do not provide services for ex-offenders, nor do they have reentry programs. They are made up of individuals and organizations networking together to share information and improve the reentry process. The members may be organizations and/or individuals that provide services and/or have interests in helping. Each group is focused toward ex-offenders coming back to their areas, the issues involved, and making their community safer.

The basic purposes of each group are:

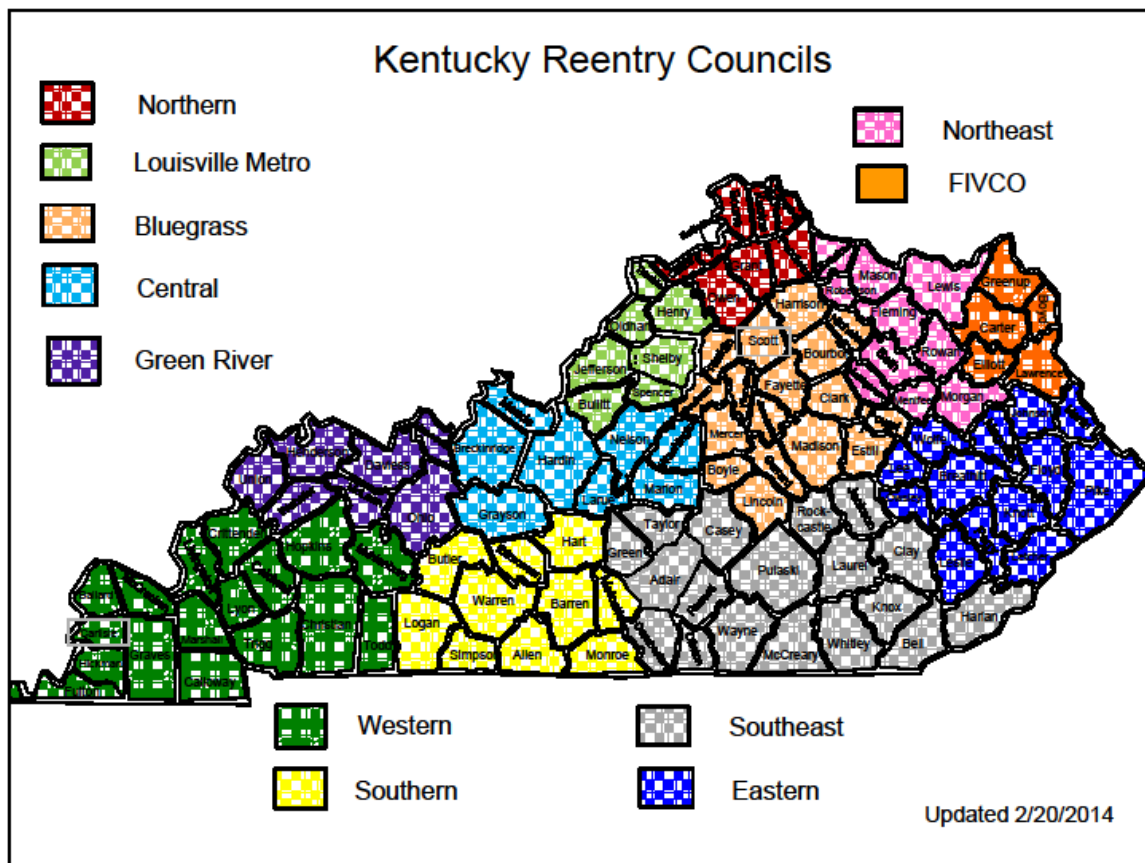
- To address the current issues ex-offenders face
- To develop a network of resources and service providers within their area
- To communicate and advocate ex-offender issues to the community and their leaders

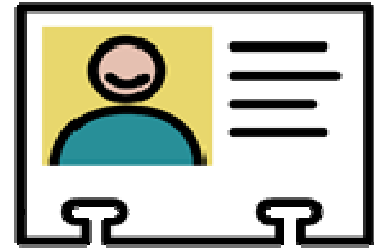
Please visit the website: www.kentuckyreentry.org

Also, visit us on Facebook:

<https://www.facebook.com/KentuckyReentry>

<https://www.facebook.com/louisvillereentry>





CONTACT INFORMATION

Need Resources or Information?

Check out our website: <http://corrections.ky.gov/reentry>

Click on “Pre-Release Community Resources”

www.secondchanceky.org

Do you have a felony?

Do you know someone with a felony?

Do you or someone you know need assistance with employment, housing, education, meals, and other sources to be successful?

Do you need a second chance?

www.secondchanceky.org is a website dedicated to helping people overcome obstacles in the pathway to success.

**If you have any comments, questions, suggestions, articles, etc. for the TOOLBOX, please email to:
kerry.mears@ky.gov or melissaj.moore@ky.gov**